



California
Department of
Health Services

SANDRA SHEWRY
Director

State of California-Health and Human Services Agency
Department of Health Services



ARNOLD SCHWARZENEGGER
Governor

May 8th, 2006

Dear Blue Cross and CHDP Physician:

In a recent survey of Blue Cross of California (Blue Cross) pediatricians and family practice physicians, over 90 percent of those who responded (n=720) reported that a Body Mass Index (BMI) training for office medical staff would be very useful in their practice. Blue Cross *listened*. Blue Cross of California and California Department of Health Services, Child Health and Disability Prevention (CHDP) program are collaborating to coordinate efforts and streamline medical office training resources. Blue Cross is happy to provide physicians with free BMI training for your office clinical staff. One-hour BMI workshop luncheons/dinners will be scheduled over the next six months throughout California. They will be conveniently located for most offices and are *free for medical assistants, registered nurses, and licensed vocational nurses* working in pediatric and family practice offices providing care to Blue Cross members and CHDP children/adolescents.

Blue Cross has created an ongoing web-based training for physicians, *Childhood Obesity*. Additionally, Blue Cross physicians have recently received the *Childhood Obesity Physician Toolkit* to assist physicians with patient screening and communication efforts. Once Blue Cross patients are identified as needing additional services, they can be referred to Blue Cross weight management program, Kids in Charge of Calories (KICK).

The American Academy of Pediatrics as well as the Institute of Medicine recommend BMI screening as an important first step in identifying “at risk” for overweight and overweight children/adolescents. The CHDP program recommends BMI screening and documentation for children age two years and older as part of routine CHDP health assessments and for identification of children and adolescents who are “at risk” for overweight and obesity. BMI and associated risk factors are indicators for cholesterol and fasting blood glucose screening tests which may identify associated morbidities.

Blue Cross and CHDP Physician
Page 2
May 8, 2006

Blue Cross and the CHDP program would like to partner with you to make BMI screening a standard part of your practice so children “at-risk” for overweight and overweight can be identified early and managed more successfully. We invite your clinical staff to attend this training and use the tools to measure and document BMI in your medical office. Please encourage and support your staff attendance.

Please call (866) 638-1865 if you have questions about the Blue Cross Childhood Obesity Initiative or the upcoming free BMI training luncheons/dinners. Additional details on locations and dates will be forthcoming.

Sincerely,

Original Signed by Marian Dalsey, M.D., M.P.H.

Marian Dalsey, M.D., M.P.H., Acting Chief
Children's Medical Services Branch